

Shea McNaughton

*“We KNEW she was our age, yet she looked 15 years younger!
What was her secret?”*

It was our 40th Class Reunion. There we were, mingling with each other, excited and nervous. The last time we had seen each other was at the reunion 10 years before, and in that time, most of us had changed dramatically. Weight gain and hair loss were the two most obvious effects of time, but there were others. Some classmates walked slower, a few looked ill. Most simply looked tired.

But there was a gasp, and our jaws dropped, when Janet walked into the room. Janet had been the ugly duckling in our class – plain, overweight, with bad skin and limp hair. She hadn’t looked much better at the 30th reunion. But something had transformed her, and we couldn’t believe our eyes. She was slender, and she walked in with the grace of someone who’s fit and healthy. Her skin glowed, and her hair was luxurious – thick and shiny and...touchable.

“Is that... *Janet?!?*” someone whispered. We nodded our heads, at a loss for words. The women crowded around her and asked, almost in unison, “What’s your SECRET??”

Janet just laughed.

“Oh, I’ve learned a few things since our last reunion,” she said with a grin. “Like...

... how to eat and still lose weight...

...how to make my skin softer with egg and honey...

...how chocolate milk is actually GOOD for you...

“I discovered a secret weapon against aging!”

She went on to tell us about her “secret weapon:” What Every Senior Should Eat. It’s an easy-to-read hardcover book filled with specific tips and techniques aimed at seniors who want to improve their health and appearance by eating simply and naturally. And having fun in the process!

It’s not just a “general health” book; it covers the topic of good health from head to toe, inside and out.

For instance...

...belly fat melts away...arteries clear...blood sugar drops...and energy rises with the easy steps on page 207.

...you can stimulate hair growth with this inexpensive spa-style solution on page 309.

...seniors who do the activities on page 28 are the least likely to need care in nursing homes or rehab centers.

...there are four ways to stop a leaky bladder WITHOUT surgery. Find out how on page 245.

...digestive woes, joint pain, fatigue and more are caused by an allergy to a common food ingredient. Find the culprit on page 132.

Astonish your friends with the New You!

There's no reason to think aches and pains, weight gain and bad health are all just a part of the "aging process." Nothing could be further from the truth! When you read What Every Senior Should Eat, you will discover the secrets that "primitive" cultures have known for centuries but that doctors in America refuse to share – good health comes from simple foods and simple activities, NOT medicine!

Did you know...

- You can control diabetes with coffee? (Page 197)
- Eating carbohydrates can help you fall asleep faster? (Page 326)
- You can lower your blood pressure by drinking a delicious beverage? (Page 60)
- You can prevent cancer by eating this tasty fruit? (Page 293)
- Smelling a lemon can keep you alert? (Find out why on page 216)

See next page for Offer:

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But don't take our word for it. Try it yourself completely risk-free!

Do NOT send us a single dime. **We don't want your money!** Order this book, read it, try it out and only THEN, if you find ...

...you've lost weight, or

...your blood pressure is lower, or

...your sugar cravings disappear, or

...your hair feels thicker and looks shinier, or

...your skin is softer and smoother, or

...you feel and look better than ever...

...simply send us the enclosed Risk-Free Better Health Certificate and we will bill you 4 easy payments of \$8.00 each, plus the small, one-time shipping fee of \$xxxx.

If you decide you don't want the book, no problem. Just write "no thanks" on the enclosed invoice and return the book using our enclosed postage-paid return label – you owe nothing, and we pay the return postage!

The Free Bonus Report, XXXX (\$xxx value) is yours to keep!

To your better health,

Gayle K. Wood

P.S.

Act now to activate our Lifetime Guarantee! We are 100% confident that you will receive a lifetime of benefits from What Every Senior Should Eat. If you should ever disagree, *simply tear off the front cover of the book and return it to us*, and we will send you a full, 100% refund, **no questions asked.** *

The sooner you act, the sooner you will learn how you can sail into your 70's, 80's and even your 90's and keep people guessing your age!

***[Ms. Wood, this formula is a technique that has been proven to increase conversion rates as well as lower return rates. I've included the standard guarantee if you prefer that one.]**

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